WINNIPEG E T TO SHORTH SHARING.



Coaxed out of his Baru-shell

Canadian writer/actor Jay Baruchel still feels out of his place on Cannes red carpet – he'd rather be in PJs PAGESII

Manitoba takes a million-dollar Sherbrook dive

Province plunges into campaign to renovate, re-open pool [74.633]



Prince Charles given audience with Arctic king

Royal visit. Assiniboine Park Zoo preparing to welcome the Prince of Wales and Duchess of Cornwall on Wednesday



There's a flurry of activity at the Assiniboine Park in preparation for Wednesday's royal visit — a visit expected to culminate with a rendezvous between Prince Charles and Winnipeg's own Hudson the polar bear.

The Prince of Wales and Camilla, Duchess of Cornwall, will be stopping by the zoo's International Polar Bear Conservation Centre and getting a preview of the new Journey to Churchill exhibit, which is expected to open to the public on July 3.

"Everyone at Assiniboine Park and Zoo is very excited to welcome their royal highnesses next week," said Kevin Hunter, director of marketing and community engagement with the Assiniboine Park Conservancy.

"Preparations for their tour of the Pavilion Gallery Museum and for the prince's introduction to the Journey to Churchill exhibit and our superstar polar bear, Hudson, are well underway. We can't wait to show off one of Winnipeg's most incredible destinations."

Hunter told Metro that all of their preparations are being co-ordinated with representatives of the provincial and federal governments.

During their Winnipeg stop, Prince Charles and Camilla will also join children at the Stevenson Hangar as they learn about the principles of flight, rockets and satellites and will take part in the Order of Manitoba Investiture at the legislature.



Hudson the polar bear is gearing up to meet Prince Charles and the Duchess of Cornwall on Wednesday. JOHN WOODS/THE CANADIAN PRESS



Why students choose WTC:

- Apprenticeship Manitoba accredited training that puts you in demand!
- · Be work-ready after only 5 months.
- Gain hands-on experience learning how to properly and safely use tools.
- Instructors dedicated to your success.
- FREE STUDENT PARKING!





Win a FREE ZEV custom apparel suit!

Submit your best dressed photo and nominate yourself or a friend. Enter by:

1 zevapparel **1 2 2 2 2 2 2 3 3 3 4 3 4 4 3 4 4 4 5 4 4 5 4 4 5 4 4 4 5 4**

or drop off your ballot and photo in person at 115 Pembina Hwy and receive a \$10 ZEV gift certificate!

Winnipeg's Best Dressed Contest

115 Pembina Hwy | Wpg, MB | R3L 2C9 204-232-0171 | info@zevapparel.com

Name:

Email: _____

☐ Check box if you do not wish to receive monthly emails from ZEV

Scotia Heights blaze destroys house, damages three others

Suspicious fire. Arson unit investigating incident that caused \$400,000 in damages



Arson is suspected in a Scotia Heights fire that destroyed a house under construction and damaged three neighbouring homes Monday mor-

Dozens of firefighters responded around 8:20 a.m. to the initial fire in a home being built at 107 Jefferson Ave. The blaze quickly spread to neighbouring homes.

There was no real fire separation between (the home under construction) and the next home, which caused the situation that we had today,' explained District Fire Chief Dennis Wiwcharyk at the scene, noting the fire was so fierce that smoke could be seen from the Exchange Dis-

"It's quite a challenge when you have that many homes (but) actually the intensity of the fire was our primary challenge.

No injuries were reported. Firefighters were able to rescue four pets from one of the homes, but another cat was unaccounted for once the smoke cleared.

Rumours of arson spread quickly among neighbours that gathered across the street to watch, with one telling Metro that a group of kids had been seen lighting fireworks in the vacant house an hour before the blaze started.

"I assumed it was arson right off the top because the house was still currently under construction," said another neighbour, Tony Sawicz, who lives across the street. "Those houses are the most vulnerable."

Police are investigating and suspect arson, but no arrests have been made.

Damages are estimated at \$400,000 between all four



Residents console each other and survey the damage after a fire completely destroyed a home under construction (in the right of the frame) in the 100 block of Jefferson Avenue on Monday and spread to three others. SHANE GIBSON/METRO



Province commits \$1M to Sherbrook Pool

The provincial government dove into the campaign to reopen Sherbrook Pool, announcing on Friday that it will contribute over \$1 million to the renovations that will soon be underway.

The province's contribution is in addition to \$1.7 million pledged from the City of Winnipeg, \$1 million from the Kinsmen Club and \$421,000 from a shared city/province fund -

bringing the total to just over \$4 million.

Coun. Harvey Smith, whose Daniel McIntyre ward includes the pool and who never wavered in his belief that it would re-open, said he expects even more people to use the facility due to all the press coverage it has received.

"When you work on something and it comes to being, obviously you're going to be

Re-opening in 2016

"This community wants this pool, and I'm glad to see that it's going to be re-opened." coun. Harvey Smith

overjoyed," he said.

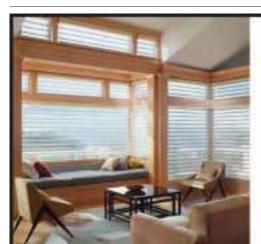
"The support from the province is fantastic."

Mayor Sam Katz said the

\$4 million allows for more enhancements to the facility above what the city first planned, which was simply to make it structurally sound.

Now the men's and women's change rooms will be renovated and the project will include a \$500,000 contingency fund. However, Katz said he's not sure if there will be enough money to fix the bleachers.

BERNICE PONTANILLA/METRO



HUNTER DOUGLAS EVENT

on regular price HUNTER DOUGLAS

roller and screen shades when you order a designer roller or screen shade with cassette top treatment.

Save 50% NO CHARGE INSTALLATION

CUSTOM DRAPERIES

Purchase any item from our Maxwell textile collection and receive the installation free.

> Trip changes apply. Not available with any other offer

NO CHARGE UPGRADE

ULTRAGLIDE 2 CLICK AND WALK AWAY SILHOUETTE WINDOW SHADE - With the placement of any new order, receive this feature at no additional cost. Where available

CALL 204-942-2558 OR 1-800-818-7779 ARRANGE YOUR COMPLIMENTARY IN-HOME CONSULTATION TODAY April 15 to May 31

HUDSON'S BAY

MEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham & Donald) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of South and South East Winnipeg. DART buses operate during off-peak hours only and are cell phone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

GET INTO THE DOWNTOWN SPIRIT!

The next time you and your friends are planning lunch at your favorite downtown restaurant don't forget about the Downtown Spirit. Our free shuttle service is a great way to travel to most of Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you - for complete route and schedule information visit winnipegtransit.com or call 311.

GET MOBILE WITH BUSGUIDE

BUSguide is the mobile version of Winnipeg transit's award winning website. You'll get the same great features and information in a format that is optimized for internet-enabled mobile devices. Go to m.winnipegtransit.com.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit our Lost Property Office at Winnipeg Transit's Downtown Service Centre located in Winnipeg Square.

PARK AND RIDE... AND RELAX!

Simply park your car at a Park & Ride location near you and take the bus to your destination. You'll enjoy the convenience and probably save a few bucks in gas while you're at it. Visit winnipegtransit.com for more information about our Park & Ride service.

SAVE SOME GREEN WITH AN ECOPASS!

Talk to your HR rep about getting the EcoPass at your workplace. You and your fellow employees could save from 5% to 100% on transit. Visit our website for more information.



Report shows threats to aboriginal women

RCMP study. Though police solve cases at same rate as missing non-native women. violent death rate is markedly higher

An RCMP report says aboriginal women have been much more prone to violent death than non-natives, but police have solved cases involving both groups at virtually the same rate.

The 22-page report into murdered and missing aboriginal women paints a dark picture of poverty, unemployment and other factors that the Mounties say requires a response from all Canadians.

We still have a lot of unanswered questions ... but I think this research project, this operational overview, is an excellent first step in that direction from a policing community," said Janice Armstrong, the RCMP's deputy commissioner for contract and aboriginal policing, at a Winnipeg news conference Friday.

The report, a detailed statistical breakdown of 1,181 cases since 1980, says aboriginal women make up 4.3 per cent of the Canadian population yet account for 16 per cent of female homicides and 11.3 per cent of missing women.

It says aboriginal women are more likely to be killed by an acquaintance and are less likely to be killed by a spouse. They are also more likely to be killed by someone with a criminal record (71 per cent versus 45 per cent) and someone on social



"What's going to the grassroots? We need programs and services at the local level."

Frances Chartrand of the Manitoba Métis Federation, saying the report requires concrete

assistance (24 per cent versus 10 per cent).

The RCMP also say murdered aboriginal women were more likely to have a criminal record, to be unem-

ployed and were much more likely to have consumed intoxicants just before their deaths (63 per cent versus 20 per cent).

small minority of missing and murdered aboriginal women had been involved in the sex trade — 12 per cent versus five per cent among non-native women.

It also challenges accusations from some quarters that aboriginal deaths are not taken as seriously by police. The "solve" rates are almost identical at 88 per cent for aboriginal women and 89 per cent for others.

THE CANADIAN PRESS

'60s Scoop recompense sought

Canada's aboriginal affairs ministers are asking the country's premiers to look at compensation, counselling and repatriation for thousands of aboriginal children adopted into white families during the so-called '60s Scoop.

The ministers met recently in Winnipeg and recommended that premiers set up a group to study the issue. The premiers are to meet in

"This is one of those issues that doesn't require a hell of a lot of thinking.... It's common decency that we begin addressing this."

Eric Robinson, Manitoba aboriginal affairs

August in Prince Edward Is-

Manitoba Aboriginal Affairs Minister Eric Robinson said it's time for a national discussion about the thousands of aboriginal children who were taken from their communities and raised in non-native households from the 1960s to the 1980s.

It's estimated that up to 20,000 aboriginal children were taken from their homes

by child welfare services and placed with non-aboriginal families. Many consider the adoptions an extension of residential schools, which aimed to "take the Indian out of the child."

Adoptees from the '60s Scoop have said their time for reconciliation has come and they want an apology from the federal government.

THE CANADIAN PRESS

metronews.ca Tuesday, May 20, 2014

Nearly 2,000 university students, some wearing miners' hard hats, called on the government to resign as they marched to commemorate the beginning of the

Reports: Mine officials ignored warning signs

pendence in Ankara. Burhan ozbilici/the associated press

High gas levels. Five people face charges in the disaster that killed more than 300

Sensors noted high levels of toxic gas inside a coal mine days before the disaster that killed 301 workers in Turkey, but company officials took no action, Turkish news reports said Monday.

Prosecutors, meanwhile, formally arrested two more people for the devastating mine fire in the western town of Soma, raising the number of suspects facing charges of negligent death to five. Those detained included executives and supervisors at mine owner Soma Komur Isletmeleri A.S., prosecutors say.

Chief prosecutor Bekir Sahiner said 25 people were initially detained as part of the probe, but several were released without charges while eight others were released but could be charged later.

Turkish news reports said prosecutors and inspectors probing the mining disaster had seized data from the mine that indicated sensors showed high gas levels inside the mine as early as two days before May 13. Reports say company officials did not record the high levels on log books and took no precautions.

Sahiner said that a preliminary probe indicated that coal had been smouldering days before, causing the roof to collapse in one part of the mine and unleashing toxic gases that spread throughout. Government and mining officials have insisted that the mine was inspected regularly, that safety standards were high and that negligence wasn't a factor.

Police have broken up protests denouncing poor mine safety in Soma and in Turkey's three largest cities of Istanbul, Ankara and Izmir. THE ASSOCIATED PRESS

Syrian conflict

Death toll now over 160K: Watchdog

The toll in Syria's three-year conflict has reached at least 162,402 deaths, Britain-based Syrian Observatory for Human Rights said Monday.

The crisis has uprooted some 6.5 million people from their homes, forced 2.7 million to flee and laid waste to cities and towns alike.

Civilians comprised about a third, or 53,978, of the observatory's new toll. Those deaths include 8,607 children and 5,586 women.

Syria's uprising began with peaceful protests against Assad's rule before turning into a civil war. The conflict has taken on sectarian overtones, with mostly Sunni Muslim rebels battling a government dominated by Alawites, an offshoot of Shiite Islam. THE ASSOCIATED PRESS

Putin to pull out troops near Ukraine

In what could be an attempt to ease tensions with the West and avoid more sanctions, Russian President Vladimir Putin ordered troops deployed near Ukraine to return to their home bases Monday.

Putin also praised the launch of a dialogue between Ukraine's government and its opponents even as fighting continued in parts of the country ahead of Sunday's presidential election. The approach sug-

gested that Putin may believe he has achieved his key goal of maintaining Russian influence over eastern Ukraine without having to send in troops.

Russia still wants guarantees that Ukraine will not join NATO and will conduct constitutional reforms to give broader powers to its regions, something that would allow Moscow to maintain its clout in the Russian-speaking east.

The continued unrest in the

east is serving Putin by making it difficult for the government in Kyiv to consolidate its control in the region.

Putin specifically ordered Defence Minister Sergei Shoigu to pull back the forces involved in the "planned spring drills" in the Rostov, Belgorod and Bryansk regions to their home bases, the Kremlin said.

The three regions border Ukraine, and the withdrawal of troops deployed there would signal a genuine attempt by Moscow to de-escalate the crisis. It also would be easily verifiable by Western intelligence. The U.S. and NATO said they saw no sign of a pullout after Putin's earlier claim of a withdrawal.

Ukraine is to vote on a successor to Kremlin-friendly President Viktor Yanukovych, who was ousted in February following months of protests in Kyiv. The associated press

TOMORROW NIGHT!

GALLERY SHOP PRESENTS

THE COLLECTION

A FASHION SHOW









A runway that winds through six galleries. Inspiring collections from SS'14. Exquisite jewelry designed by Canadian artists. Vintage handbags from the Costume Museum of Canada. And a champagne reception with hors d'ouvres, shopping, and a jewelry bar.

Wednesday MAY 21 • 7pm

\$50 • WAG MEMBERS \$40

Tickets at wag.ca, call 204,789,1769 or at the door.

wag

Winnipeg Art Gallery 300 Memorial Blvd • Winnipeg, MB • 204.786.6641 • wag.ca

metronews.ca Tuesday, May 20, 2014

Leviathans under threat. A chance to stem more loss

On a cold Newfoundland morning last week, a man slicked with whale grease read aloud from a sort of shopping list.

"He wants a grapefruitsized sample of liver, kidney, lung and ovary, but he said the ovary might be all mushy. He wants an eight-inch-wide part of the aorta. He wants an eye lens, if we can get it. He wants the wax earplugs and the longest pieces of baleen, starting below the gum line."

The man covered in grease was Burton Lim, assistant curator of mammalogy at the Royal Ontario Museum. The wish list came from Jack Lawson, a marine mammal research scientist at the Department of Fisheries and Oceans (DFO).

And they were "shopping" from the exposed abdominal cavity of a 100-plus-tonne blue-whale carcass that had floated to the shore of Trout River two weeks ago, bloated with gas, captivating millions with the threat it might explode.

It didn't. And for six days, after the ROM gained permission to take the skeleton to Ontario, the neighbouring town of Woody Point got a five-senses assault — Smell: the sourest stench imaginable. Sight: Egg yolk-yellow spinal matter. Sound: the thunk of meat hooks sinking into blubber. Touch: greasy goo, everywhere. There was even Taste for anyone unlucky enough to be caught open-mouthed at the wrong time.

'We were worried they were blues'

Blue whales are the largest animal ever to exist on Earth, but we know very little about them. And this whale was from a Canadian group struggling to reproduce, for reasons researchers do not understand.

The loss of a mature female — at least three, actually; two more washed ashore along the same coast — is a severe blow to conservation efforts. But it is a precious opportunity to study an exquisitely evolved animal and perhaps find out why her population is under threat.

Lawson first laid eyes on the whale on March 21. A woman in southwest Newfoundland had snapped pictures of something dark in the sea ice.

"We were worried they were blues," he says. A flyover confirmed it: Nine mature blue whales, apparently crushed in sea ice. Lawson was horrified.

Blue whales are endangered globally, but the Western Atlantic population that frequents Canadian waters is particularly troubled. While the eastern Atlantic group that swims from

Iceland to the Azores numbers at least 1,100, there are likely no more than 250 adults here.

Worse, the whales aren't reproducing well. In 35 years of monitoring this population, Richard Sears, founder of the Mingan Island Cetacean Study on the St. Lawrence River, has spotted just 22 calves.

"There's something going on with the animals in the Northwest Atlantic that's not good," says Sears.

'We're just looking for any clues'

Lawson wanted the aorta for show-and-tell, but everything else will be pored over to try to understand what is plaguing these creatures.

"We're just looking for any clues as to why this population isn't doing as well as we think it should be," says Lawson.

- **Pollutants.** Researchers will begin screening the whale's organ tissue and blubber for pollutants. Belugas in the St. Lawrence estuary have been shown to carry high levels of mercury, PCBs, DDT, the banned insecticide Mirex and other contaminants. Blue whales feed much lower on the food chain, so they face less exposure. The presence of toxins would be a major red flag.
- Baleen. Baleen is made of keratin, like our fingernails. As it grows, it stores information about the animal's diet. It might show the krill supply has changed over time or other problems in the ecosystem.
- Climate change. In the case of the Trout River whale and her eight kin, the direct cause of mortality is pretty obvious: Death by ice. In previous decades, when ice cover was more regular, it was common to see at most five blue whales killed by ice. That happens less now that climate change has decreased ice cover. "Maybe whales just aren't used to the ice anymore," says Sears.
- DNA. Genetic information from the Trout River whale will also provide crucial insights. Is it a match for DNA from several blue whales already on file? Are the western and eastern Atlantic populations really distinct? The Canadian Barcode of Life Network, which is building a database of genetic information for every species in Canada, will get its first blue whale.

And when the ROM uploads information about its collection to research databases, requests from all over the world will begin filtering in — a deadwhale explosion of a different sort

TORSTAR NEWS SERVICE

The last pieces of blubber have been scraped, and the reporters have all gone home. But now Trout River, N.L.'s will now entertain a different audience: researchers. Here's a breakdown of the Royal Ontario Museum's recovery

A TALE OF



Flensing

A forgotten art in Newfoundland

Flensing, the stripping of whale blubber, was a practice familiar to Newfoundlanders just a generation ago. A beached blue whale would have been a bounty before the last two commercial whaling stations in the province shut down in 1972. Today, the removal of tonnes of whale flesh is a logistical nightmare, not to mention a nauseating mess.

The nine-person team — two from the ROM, three from Ontario's Research Casting International, three local workers and an American volunteer — started at the tail of the upside-down whale, removing chunks of blubber and meat with kitchen knives and huge fish hooks.



Big job, big tools

Improvising with heavy machinery

As vertebrae were exposed and sawed off, a thick carpet of flesh from the whale's broad backside remained. Far too heavy to lift, the crew dealt with it by threading a sturdy rope through an incision in the flesh and lifting it with a front-end loader so the men could cut it into manageable pieces while it hung mid-air.

All the discarded chunks were thrown into the loader's bucket, dumped into a waiting truck and carted off to landfill. The bones — Fred Flintstone-size ribs, a flipper with a ball joint the size of a beach ball — were identified with coded poker chips and loaded into a semi-trailer triple-lined with plastic.

'Pudding gusher'

Rotten almost beyond recognition

The whale had been dead nearly two months, so its viscera were practically liquefied. But the ROM's Burton Lim was able to identify spleen, lungs, heart and liver from the oozing cavity. (His colleague Mark Engstrom started using "pudding gusher" as a technical term.)



metronews.ca Tuesday, May 20, 2014 **NEWS**

blue whale carcass — which fascinated millions with the threat of explosion and the scale of the removal effort efforts and why the blue whale is such an important find.

WHALE



Samples

Rummaging for grisly treasures

For safekeeping at the ROM, organ samples were scraped into cryogenic tubes and dropped into liquid nitrogen, flash-freezing them. The DFO's samples, along with a slice of aorta the width of a basketball, were bagged and picked up by fisheries



Aging the whale

Valuable bits and pieces go missing

The eye lens and ear wax could be used to age the whale, which could be anywhere from 10 to 80 years old or more at sexual maturity. Scars on the ovaries would show whether she had calved. But all three were long gone, picked at by seagulls or lost in the mush.



Colossal cranium

Sometimes it's tough to get a head

When the crew used heavy machinery to peel back the massive sheet of blubber that housed the lower jaw, Lim got access to the baleen, the filter-feeding system made of hard, venetian-blind-like strips. He sawed a big chunk of the baleen off at the root and bagged it for pickup.

Eventually, there was nothing left of the whale in Woody Point but its upper cranium, which was too big to fit in the trailer and will probably be ferried in a shipping container. TORSTAR NEWS SERVICE

Evolution and conservation

Our not-so-different kin



There's much to be learned from the Trout River whale independent of scientific research — and that will occur after the skeleton has been degreased, reassembled and mounted for display, a goal many years and millions of fundraising dollars away. The next step for the skeleton will be to bury it in compost for 12 months.

Mark Engstrom, deputy director of collections and research, has been planning an exhibit on cetaceans — marine mammals — for years. He has collected a humpback, fin, minke, sperm, right and killer whale. But the last opportunity to acquire a blue came up 25 years ago. A blue whale, more massive than any known dinosaur, will be the capstone of the ROM's new collection. Engstrom intends to focus the exhibit around two major tent poles: Evolution and conservation.

Everyone knows that whales are mammals, not fish. But what that actually means becomes apparent when you see its skeleton. A blue whale's flipper bones have a disconcerting similarity to human anatomy. Only the proportion is off: The arm bones are much shorter, while the fingerequivalents are longer. Some blue whales even have vestigial hind legs enclosed in their skin, remnants of a former life on land. These exquisite adaptations create a convenient avenue to talk about evolution, says Nick Pyenson, curator of marine mammal fossils at the Smithsonian.

"The question is always, 'Why did the whale go back to water?' We can't tell you why, we can tell you how," he says. Whales' closest living terrestrial relatives are hippos. Fossils show that cetaceans evolved from hoofed animals.

As for conservation, people seem to be fascinated with their mammalian kin, reinforced by their sheer scale.

Even though it's dead, it's still an amazing thing to be able to walk for 85 feet along the side of what was once a living thing and be able to see just how beautifully streamlined they are and how super-evolved to live in the marine environment," says Jack Lawson of the Department of Fisheries and Oceans. TORSTAR NEWS SERVICE





Dissection inspection

Here lies the Trout River blue whale's head and iaw. If you have a stomach of steel, scan this photo with your Metro News app to see more photos of the Royal Ontario Museum's team taking the carcass apart, kate allen/torstar news service

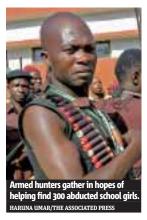
Hunters wait to aid search

Kidnapped school girls.

Approximately 500 spiritual hunters await backing from Nigerian military to join pursuit of Boko Haram

Traditional hunters armed with homemade guns, poisoned spears and amulets have gathered in Nigeria in their hundreds, eager to use their skills and what they believe to be supernatural powers to help find nearly 300 schoolgirls abducted by Islamic extremists.

Some 500 hunters, some as young as 18 and some in their 80s, say they have been specially selected by their peers for their spiritual hunting skills and have been waiting



for two weeks in Maiduguri, the Borno state capital and the birthplace of Boko Haram, to get backing from the military and get moving.

and get moving.

With Nigeria's military accused by many citizens of not

doing enough to rescue the girls, the hunters demonstrated their skills to an Associated Press reporter on Sunday.

Cow horn trumpets echoed eerie war cries from the screaming and chanting men as they twirled knives and swords with dexterity, occasionally stabbing and cutting themselves with no apparent harm.

The hunters claimed their magic charms prevented any blood being drawn. They also trust amulets of herbs and other substances wrapped in leather pouches as well as cowrie shells, animal teeth and leather bracelets to protect them from bullets.

A military spokesman did not immediately respond to an emailed question from AP on whether it would take advantage of the hunters' local knowledge. THE ASSOCIATED PRESS



What's 20 metres tall, 40 metres long and 90 million years old?

Pablo Puerta from the Museo Paletontolgico Egidio Feruglio lies alongside a sauropod dinosaur femur in Trelew, Argentina. Scientists there have uncovered huge bones that could be from the largest dinosaur yet found, a kind of titanosaur that weighed the equivalent of 14 or 15 adult African elephants.

Gay rights

Oregon judge reverses ban on same-sex marriage

A federal judge on Monday struck down a voter-approved ban on gay marriage in the northwestern state of Oregon, saying it is unconstitutional, in the latest legal victory for advocates of same-sex marriage.

U.S. District Judge Mi-

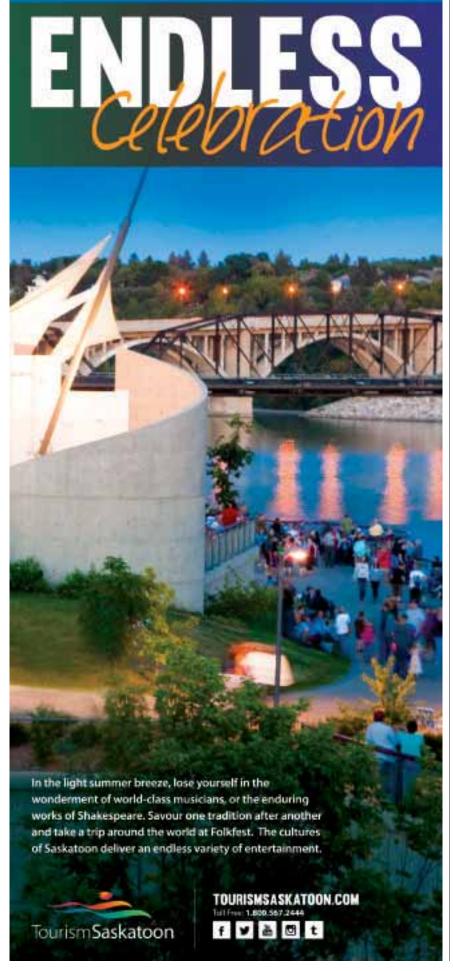
chael McShane joined judges in seven other states who have struck down gay marriage bans this year, though appeals are underway and the issue is expected to be settled by the U.S. Supreme Court. He said the ban unconstitutionally discriminates against same-sex couples and ordered Oregon not to enforce it. State officials earlier refused to defend the constitutional ban in court.

The U.S. Supreme Court last year struck down the

1996 Defence of Marriage Act, which barred the federal government from recognizing same-sex marriage. It determined the law improperly deprived gay couples of due process.

Oregon state officials have said they'd be prepared to carry out same-sex marriages almost immediately, and couples lined up outside the county clerk's office in Portland in anticipation of McShane's decision.

THE ASSOCIATED PRESS



metronews.ca Tuesday, May 20, 2014 **BUSINESS**



Thais take to the streets as unrest continues

Anti-government protesters blow whistles and show money, which they will donate to their leader Suthep Thaugsuban, during a march through streets in Bangkok, Thailand, Monday. Thailand's political crisis deepened last week when the Constitutional Court removed Prime Minister Yingluck Shinawatra for nepotism along with nine cabinet members in a case that many viewed as politically motivated. Protesters say Yingluck's removal is not enough She was simply replaced by Niwattumrong Boonsongpaisan, from the ruling party. Thailand's political crisis began in 2006, when Yingluck's brother, former Prime Minister Thaksin Shinawatra, was toppled by a military coup after being accused of corruption, abuse of power and disrespect for King Bhumibol Adulyadej. Monday was the fourth anniversary of a deadly military crackdown on pro-Thaksin protesters in which more than 90 people were killed.

SAKCHAI LALIT/THE ASSOCIATED PRESS

Google buys into BYOD trend

Bring your own device. Leading the way

As more workers use one smartphone for business and pleasure, Divide helps businesses manage the risks

Google has bought Divide, a startup that helps companies manage the mobile devices that employees are increasingly relying upon to get their work done.

Financial terms of the acquisition announced Monday were not disclosed. The deal is part of Google's effort to widen corporate usage of smartphones and tablets running on Android, its mobile operating system.

Google is counting on Divide's technology to make companies feel more comfortable about allowing their employees to use Android devices for business email and other on-the-job tasks involving sensitive in-

With more than one billion devices worldwide powered by Android, it is the world's leading mobile operating system.

More than one billion devices worldwide already are powered by Android, making it the world's leading mobile operating system. Divide also offers an app for Apple Inc.'s iPhones. Although Divide is joining Android, the company reassured existing iPhone customers that their device-management will continue to work.

Divide, originally known as Enterproid, was founded four years ago by former Morgan Stanley executives who believed that the growing popularity of smartphones and tablets would drive more corporate demand for device-management tools.

THE ASSOCIATED PRESS

Executive compensation

Target ex-CEO pay fell 35% final year

Former Target CEO Gregg Steinhafel's total pay fell 35 per cent to \$13 million US in his last year at the helm as the company's board revamped compensation plans amid complaints from shareholders that he was paid too much, according to a regulatory filing.

Steinhafel had earned nearly \$20 million in the previous year.

THE ASSOCIATED PRESS

Bye: Have It Your Way

Burger King serves up a new slogan: Be Your Way

Burger King is scrapping its 40-year-old "Have It Your Way" slogan in favour of the more personal "Be Your Way." The chain says the new tag line will roll out across its marketing in the U.S., including in a TV ad that will begin airing Monday night. The line made its first appearance in an online video last month. THE ASSOCIATED PRESS

Takeover offer

AstraZeneca rejects Pfizer's \$119B offer

The board of AstraZeneca on Monday rejected the improved \$119 billion US takeover offer from U.S. drugmaker Pfizer, a decision that caused a sharp slide in the U.K. company's share price as many investors think it effectively brings an end to the protracted and increasingly bitter takeover saga. THE ASSOCIATED PRESS







OFFINAT 8:00 a.m. WEEKDAYS!

359 JOHNSON AVE WEST, UNIT E Located Beside Your Community Pharmacy





metr⊕ **VOICES**

SLEEP-HACK YOUR WAY TO SUCCESS?

While waiting in line at a coffee shop, I recently overheard a conversation between two women who seemed desperate to outdo one another's exhaustion level. They complained to each other about lack of sleep, hectic workweeks and the amount of caffeine required to compensate for their lack of energy.

In North America, it's not uncommon for individuals to wear fatigue as a badge of honour. We pride ourselves on being overscheduled while excess free time is viewed as an indication of laziness or lack of ambition. Even our biological need for sleep is now a sign of weakness.

When it comes to the perfect amount of shuteye, experts seem divided on the number of hours we should be getting. Most doctors main-

tain that the average adult needs somewhere around seven to nine hours a night. However, one of the largest sleep studies ever conducted—with over 1.1 million participants—found that people who sleep for just six-and-a-half hours a night lived the



Jessica Napier metronews.ca

Dave Asprey, a tech entrepreneur turned life coach, is a prominent advocate for the "less-ismore" approach when it comes to sleep. A selfproclaimed bio-hacker, Asprey spent 15 years and \$250,000 of his own money consulting with doctors and scientists around the world and experimenting on his own body to alter his biology and become a more powerful human being.

He's now shilling his bio-hacking secrets through his website, The Bulletproof Executive, which offers lifestyle advice, techniques and tools designed to optimize your own biochemistry. He promises to teach people how to stay healthy and achieve a peak state of productivity by sleeping less than five hours a night. One of his more uncomfortable-sounding sleep-hacking

tips is to submerge your body in an ice bath prior to bedtime to accelerate the natural drop in internal temperature needed to fall asleep. He also recommends purchasing numerous slumber aids from his own line of branded products, which includes Bulletproof Coffee and other nutritional supplements.

Asprey boasts that he has trained his body to subsist on three to five hours of sleep a night and is able to wake up fully rested and functional the next morning. His evangelical arguments for a better life on less sleep are very appealing to time-starved individuals desperate to squeeze a few extra hours out of the work day and supercharge their efficiency.

And sure, these sleep-hacking techniques may allow you to answer a few more emails during the day or finish some neglected chores, but is more time spent conscious really worth the potential health risks? Asprey himself recognizes the dangers of sleep hacking and warns that he is not a physician and that his tips are on how to "safely(ish)" hack your sleep. Bypassing your own biological needs in the name of productivity is incredibly arrogant and ignores the many well-documented and dangerous problems associated with lack of sleep, including increased risk of cancer, heart disease, diabetes and weight gain.

Many of Asprey's tips—such as turning off electronics at least an hour before bed and eating low-mercury fish — are helpful in terms of getting better-quality sleep, but reducing the number of hours is still a risk. Sacrificing the quantity of resting hours means gambling with both your mental and physical well-being.

ZOOM

Out of the darkness



In this June 2013 photo provided by National Geographic, diver Susan Bird, working at the bottom of Hoyo Negro, a large dome-shaped underwater cave in Mexico's Yucatan Peninsula, brushes a human skull found at the site. Thousands of years ago, a teenage girl fell into this deep hole and died. Now her skeleton and DNA are helping scientists study the Cans. Paul Nicklen/ National Geographic/the associated pres

... and into the scientific spotlight

Mexican experts plan to extract the entire skeleton of a teenage girl who nearly 13,000 years ago toppled into a deep hole in a cave and died, an official said Monday.

An official said that so far only a molar and a rib fragment have been removed from the underground cave where the remains were found in 2007.

Once recovered, the remains will be studied and displayed. THE ASSOCIATED PRESS

Skeleton holds clues to first Americans

The discovery of the girl's skeleton is bolstering the longheld theory that humans arrived in the Americas by way of a land bridge from Asia.

DNA testing shows the girl is related, maternally at least, to today's native Americans, meaning both would trace their lineage to Beringia, the land masses on either side of the ancient land bridge now covered by the Bering Sea. THE ASSOCIATED PRESS

Accidental discovery

- The girl's nearly complete skeleton was discovered by chance by expert divers who were mapping waterfilled caves north of the city of Tulum, in the eastern part of the Yucatan Peninsula.
- The divers decided to name the airl Naia. after a water nymph of ancient Greek mythology.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



FILL SCREEN WITH METRO NEWS APP

METRO AR IMAGE

In this issue, you can find AR enhancements on page 7 in News, page 11 in Scene, page 25 in Life and page 26 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

- 1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
- 2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar
- 3. Voilà! You should see the AR in action like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.



DOWNLOAD

Call of the cattle man



Country rap exists. It's largely terrible, so you don't come across it much. But maybe there's hope. Maybe it's the approach that's wrong. Instead of mashing two genres of wildly different experiences and traditions together and hoping for the best, perhaps just allow things to happen organically. And like Darwin noticing the beaks on Galapagos finches, the adventurous optimist may see glimmers of country rap's original form in this video of a cattle auctioneer's calls transformed into smooth beats with the help of a few well-placed trap horns.



(Via HNHD/YouTube)



SCENE

DVD review



Pompeii

Director. Paul W.S. Anderson

Stars. Kit Harington, Emily Browning, Kiefer Sutherland

Pompeii isn't the complete disaster you'd expect from Paul W.S. Anderson, who of course really wanted to make this movie. As a commercial director of infinite zeal for all things derivative, loud and messy, he would take to illustrating the big Roman bang of AD 79 like a zombie duck to a pool of blood. Actors including in this case Kiefer Sutherland, Emily Browning and Games of Thrones' Kit Harington - can be such a nuisance when all you really want to do is light the fuse on a stack of dynamite. Yet it must be said that Pompeii doesn't completely suck, although it does blow, metaphorically speaking. When the time comes for Mt. Vesuvius to unleash its historical fury, Anderson and his ace Toronto tech team really go with the flow. The mayhem of the ancient city being whacked by Mother Nature (or by vengeful gods) is convincingly rendered in the film's second half, with much fire and brimstone being tossed about. PETER HOWELL

How to train your regular Canadian boy

Jay Baruchel. Despite his success, writer and actor still feels out of place on a red carpet in Cannes — he's more comfortable in his PJs

Cannes is awash in glamorous celebrities who peacock on the festival's red carpet and confidently parade through its multitudes. Jay Baruchel is not one of them. He may be the most uncomfortable person in Cannes. Baruchel readily acknowledges it's "a little intense" for his tastes, which are not exactly red-carpet ready: "I don't like wearing suits or nothin'," he says. The 32-year-old Canadian

actor was in Cannes for the premiere of How to Train Your Dragon 2, for which (as with the Oscar-nominated 2010 original), he voices the main character, Hiccup, a young Viking who befriends the dragons his tribe has long slayed. Baruchel, who broke out in the Judd Apatow TV series Undeclared, is best known for his comedies, including Knocked Up and last summer's This Is the End. The anti-Hollywood version of himself he played in that film has some truth to it. Baruchel, who speaks with a Québécois accent, lives in his native Montreal blocks from his family. "I wish I wasn't known for hating Los Angeles, because I spend a good deal of time there," he

When you, your co-stars and a large model of the dragon



Jay Baruchel is the voice of the young Viking Hiccup in How To Train Your Dragon 2. CONTRIBUTED

from the film were chaotically mobbed on the Croisette in a promotional stunt Thursday, you probably wondered how this could be your life...

The entire time. Exactly my friends could see me now" type of thing. And what my life was two days ago: I look like a dirt bag more often than not. I'm in my pyjama pants 12 hours a day. The biggest thing I had to do two days ago was clean the litter boxes. And here I am on the Croisette and there's people getting elbowed in

You've now spent some seven years on Dragon, with a third film planned. What's that journey been like?

You can spend your entire career and never be part of something that's half as an important as How to Train Your Dragon. We all knew it

was a good movie, but I don't know if any of us expected to it be a global phenomenon.

The hockey comedy you cowrote, Goon, has a deserved cult following.

In the States, it's a cult life. In Canada, it was a bona fide, massive hit. We were number 1 in Canada when we opened, and English-Canadian movies are never number 1 ... Our American distributors (Magnolia Pictures) dropped the ball a bit, unfortunately. Their model is all about VOD, which is fine, but the movie deserved a better life. But it's achieved one. THE ASSOCIATED PRESS



THE ART INSTITUTE OF VANCOUVER is visiting Winnipeg!

6:00 PM



WEDNESDAY, MAY 28, 2014

Check-in: Presentation:

6:30 PM

The Radisson Hotel Winnipeg Downtown

288 Portage Ave, Winnipeg

Join our Assistant Director of Admissions to find out why Ai Vancouver is rated as the #1 school in Canada for games by The Princeton Review* and how our alumni are receiving accolades around the world in the areas of: Culinary Arts, Interior Design, Fashion Design, Web & Graphic Design, Animation, Games, Audio, and Event Management!

Join us for this Information Session and you'll have the chance to:

- Virtually see our Vancouver campus and learn about our programs and what sets us apart
- Learn about scholarships, payment options, and our career placement services

» TO RSVP, go to: aivancouvertour.com

*As per The Princeton Review Top Undergraduate Schools for Video Game Design for 2014.





George Clooney directed, wrote, co-produced and starred in The Monuments Men. SONYPICTURES

MONUMENTAL INSPIRATION

A Hollywood film about a heroic art rescue mission during the Second World War has a Toronto link because the American conservator the movie is based on worked at the Royal Ontario Museum before leading his platoon on a secret operation overseas.

The movie, The Monuments Men, stars George Clooney, whose character is inspired

by George Stout, one of the leading 20thcentury figures in the field of conservation. The Harvard professor's influential restoration techniques were brought to the ROM in the summer of 1933 when he worked on an important Chinese mural that still hangs in



Lt. George Stout, U.S. First Army and U.S. Twelfth Army Group.

THE EUROPEAN WAR THEATRE

Initially in the mission of the Monuments Men, George Stout was the only conservator and had to train the others — mainly art museum professionals — to properly document, pack, store and transport the recovered artworks in the European war theatre. In one instance, Stout had so few packing materials that he had to use Belgian lace to pad a valuable sculpture.

the museum today. Stout was later selected to assemble an expert team of conservators, curators and art historians that would risk their lives during the Second World War in an effort to save art and artifacts from Nazi hands.

The Monuments Men was released in theatres in February and is soon to be available in DVD/Blu-ray.

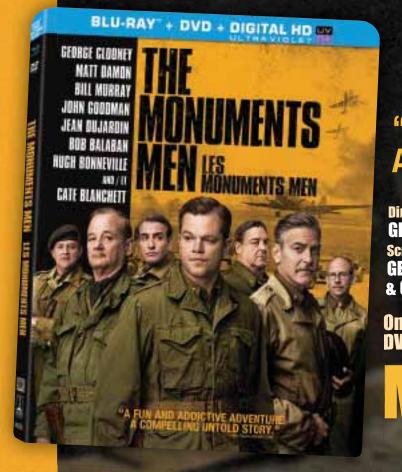


MIN

a copy of "The Monuments Men" on Blu-ray™ Combo Pack.



No purchase necessary. Terms & conditions apply. For full conte



"FASCINATING AND INSPIRING."

- Lou Lumenick, NY POST

Directed by GEORGE CLOONEY Screenplay by GEORGE CLOONEY & GRANT HESLOV

On Blu-ray™ Combo Pack, DVD & Digital

MAY 20th

The ROM's seven conservators are part of an exclusive profession with an estimated few hundred in existence across the country. They all watched the film with a unique and rarefied perspective, even cheering in one scene when Clooney dusts off a work of art.

"These are the types of things we get excited about," says Heidi Sobol, the ROM's senior conservator of paintings. "Our profession is rarely highlighted because there is so few of us proportionally in society. It's nice to see not only a movie about the types of things we do in our profession, but also referenced in such a monumental and noble pursuit. To have George Clooney play one of our most notable conservators was quite exhilarating."

Clooney directed, wrote and co-produced the movie, which is based on Robert M. Edsel's book The Monuments Men: Allied Heroes, Nazi Thieves and the Greatest Treasure Hunt in History.

Stout made his way to the ROM in the summer of 1933 after former ROM director Charles Trick Currelly asked him to work on The Paradise of Maitreya, a 13th-century wall painting that is still in the museum's Bishop White Gallery of Chinese Temple Art. The mural had arrived at the ROM from China in 1928 in pieces — 63 to be exact — thanks to monks who carved it out of China's Xinghua Si Temple wall in an attempt to protect it from invading armies in the village of Xiaoning in Shanxi province. The mural is about five metres by 11 metres and depicts the Buddha Maitreya giving a sermon in an imagined heaven.



SONY PICTURES

"He was very conscientious about restoring the mural in a way that would make it treatable again, which is one of basic tenets of conservation," Sobol says.

Known as a responsible conservator, Stout and his contemporaries advanced the field of conservation during the 1930s, '40s and '50s, helping build the profession's profile. Up until then the prevalence of scientific methodology in conservation had been limited and the profession was approached more as

a craft that you learned through an apprenticeship. But Stout approached conservation from a more scientific point of view, emphasizing the analysis of the artwork as well as its documentation.

"Our field of restoration and conservation really took off in the mid part of the century and a lot of that is owing to George Stout and all his colleagues at Harvard and the Fogg Museum. They put out some very important publications we still reference today."



Monuments Men George Stout, left, Walker Hancock, centre right, and Steven Kovalyak, right, during the excavation of Bernterode. The soldier standing between Stout and Hancock is Sgt.

Travese. WALKER HANCOCK COLLECTION

EDUCATIONAL PURPOSES

From the ROM correspondence archives, George Stout alludes to the issue of Prohibition in the U.S. In advance of his trip to the ROM, he was assembling materials and supplies, including the solvent ethyl alcohol. This solvent is also known as ethanol, which is used to make alcoholic beverages. "In spite of our national prohibition on spirits, we are able to buy it at wholesale price for scientific and educational purposes," Stout wrote.





You CAN afford a new car!



WITH WAY MORE FEATURES THAN YOU'D EXPECT!

Automatic • 15" wheels • ABS • AUX and USB input ports • All the safety features you would want • Electronic stability control • Power door locks • Power heated side mirrors • Power windows • SiriusXM® satellite radio • Vehicle stability management • Air conditioning • Bluetooth® • Heated front seats • Keyless entry • Cruise control

\$122 bi-weekly*

ZERO DOWN, INCLUDII EVERYTHING! INCLUDI \$500 GRAD REBATE. No Hidden taxes or fees. Seriously.

Taxes, fees, blockheater, locking wheel nuts, EVERYTHING!!

Visit us at choosebirchwood.ca/NewKia for more information

Not sure how to even buy a car or if you qualify? Visit us at choosebirchwood.ca/NewKia to find out!



THE NEW 2014 LX+

WITH ALL THESE GREAT OPTIONS!

16" wheels • Air conditioning • Cruise control • All the safety features you would want • Fog lights • Power door locks • Power heated side micros • Power windows • SiriusXM® satellite radio • Bluetooth® • Heated front seats • Keyless entry • Windshield wiper de-icer

\$139 bi-weekly*
INCLUDING EVERYTHING,
EVEN A \$500 GRAD REBATE!

No hidden taxes or fees. Seriously.

No down payment, includes taxes, fees, blockheater, locking wheel nuts, EVERYTHING!!

Only at Birchwood Kia West

Visit us at **choosebirchwood.ca/NewKia** for more information and directions to the dealership!



BIRCHWOOD KIA WEST 1-888-318-5540

The Power to Surprise

Pointe West AutoPark | 100-3965 Portage Ave

*The not-so-fine print: All payments include everything, on approved credit. 84 month term and ammortization. All dealer rebates included. For more details, visit choosebirchwood.ca/NewKia



Maps to the Stars wows at Cannes

Wickedly funny.

David Cronenberg's latest film lampoons Hollywood's narcissism

Maps to the Stars is David Cronenberg's nightmarish, hyper-real tale on vanity, greed and family dysfunction in Hollywood. But it may hit a raw nerve for some in the movie industry.

With an all-star cast, including Julianne Moore, John Cusack and Robert Pattinson, the biting tragicomedy that premiered at Cannes on Monday has critics guessing if it could produce, at long last, the veteran Canadian director's first Palme d'Or.

It's the story of Benjie Weiss, a troubled childstar brat and recovering drug addict, played with scene-stealing cruelty by Evan Bird. He's a relatively unknown 13-year-old who does not look dissimilar to a young(er) Justin Bieber.

The film explores the theme of incest. Literally, in the strange relationship Benjie develops with his disfigured sister Agatha, played by Mia Wasikowska; but also metaphorically: in this suffocating Cronenbergian vision of Tinseltown, every star in the movie constellation is linked together, in-

bred, and not even the darkest secret can remain hidden for long.

Moore is brilliant as the hysterical Havana Segrand, a desperate 40-something actress who lives in the shadow of her forever-young Hollywood icon mother and sleeps with directors to stay in the game.

Carrie Fisher (daughter of icon Debbie Reynolds) plays herself in a cameo as Segrand's friend, while self-reflexive insider references to Scientology memberships boosting career fortune, Robert Downey Jr.'s drugtaking past, or actors manipulating their public image by going on Oprah crop up all over.

However, Moore dodged questions about this film mirroring nasty industry realities and wouldn't speak ill of Hollywood — despite her character's obvious message.

"I love the movie business. I'm not here to disparage it," she said.

Cronenberg added with a smirk: "There's nothing repulsive in the movie business. It's all fabulous."

Can it be that it's still taboo to speak publicly about the movie industry's dark side?

Only John Cusack, who plays a deranged self-help TV guru father, hinted that this neurosis-ridden, dys-

Quoted

"It was a very familiar ecosystem ... of fear and greed and desperation. And there are all sorts of people who function within that (in L.A.) — feed it, enable it, are predators there."

John Cusack, actor on the world portrayed in David Cronenberg's Maps to the Stars

functional image of moviemaking was an accurate portrayal.

"It was a very familiar ecosystem ... of fear and greed and desperation. And there are all sorts of people who function within that (in L.A.) — feed it, enable it, are predators there," he said.

But above all, this picture, a laugh-out-loud orgy of narcissism, is Cronenberg's funniest to date.

Moore steals the film in a brilliantly macabre scene in which her character jumps up and down in happiness on news that a lead actress's son has died tragically in a swimming pool, opening up a vacancy for her to replace the distraught actress as the film's lead.

It had audiences laughing hysterically out of shock, and was the funniest, if darkest, seen in Cannes so far.

THE ASSOCIATED PRESS

metronews.ca Tuesday, May 20, 2014 DISH



Sum 41's Deryck Whibley hospitalized for alcohol abuse

Sum 41 singer and Avril Lavigne's ex-husband Deryck Whibley has been in the hospital for the past month due to his alcohol consumption, he reveals on his own website.

"My liver and kidneys collapsed on me. Needless to say it scared me straight. I finally realized I can't drink anymore. If I have one drink, the (doctors) say I will die," Whibley writes alongside photos of

him in the hospital. "I was drinking hard every day. Until one night. I was sitting at home, poured myself another drink around midnight and was about to watch a movie when all of a sudden I didn't feel so good. I then collapsed to the ground unconscious. My fiancée got me rushed to the hospital where they put me into the intensive care

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Solange, Solange, will we ever know?



STARGAZING

Speculation has run rampant all week as to why Beyoncé's sister Solange would attack Jay Z in an elevator. These are the most likely theories: 1) Solange was standing up for her sister against Jay Z, who is a cheating cheater; 2) Solange was drunk and Jay Z was the nearest target; 3) Illuminati; 4) Masons; 5) Satan; 6) Fight club; 7) Molecules; 8) Milan Lucic told her to.

Ozzy Osbourne has had



his application to convert a barn in his Buckinghamshire home denied because the barn is full of bats. "Bet you didn't imagine the revenge would come via good, old-fashioned bureaucracy," said a bunch of bats.

Kylie Jenner tattooed Lionel Richie's son and posed with a shirtless Jaden Smith. "You're my new favourite," said Kris Jenner. "For now. Don't get complacent."



For Heidi Klum, breakups can be expensive

Heidi Klum split from her bodyguard-boyfriend, Martin Kirsten, back in January after 18 months of dating, but sources say she didn't leave him empty-handed.

"Martin says Heidi treated him well so he would keep his mouth shut," a source says, explaining that it was Kirsten who reluctantly ended their relationship. "He was sick of being a househusband. He did

everything for the children. He says Heidi is a lovely person, but he had to do what was right for him He's really sad."

But a hefty financial sendoff from Klum apparently helped cheer him up. "Martin has been spending thousands of dollars on dinners, parties and clothes," says the source, adding that Klum also apparently bought Kirsten a house for his mother in South Africa.



Mick Jagger is now a great-grandfather, but don't call him old

As improbable as it sounds, Rolling Stones frontman Mick Jagger is officially a greatgrandfather, as his 21-year-old granddaughter, Assisi Jackson, gave birth to a girl earlier this month, according to Hello magazine.

"I imagine it's nice to be a great-granddad, although I'm not sure he likes the idea of getting old or being called one," Assisi previously told the magazine. "I call him Mick. I wouldn't start calling him Grandpa."

This also means that Jagger's daughter, Jade Jagger, is now a grandmother — despite the fact that she's expecting a baby herself next month. "The women in our family just tend to have children young; it runs in the genes," says Assisi, who was born when her mom was around the same age.

"I wouldn't have considered having a child if I was doing what my friends are doing at this stage. I don't drink, I don't smoke and I'm very settled."



Prince Bieber laps up attention from Paris

While partying away in Cannes, Justin Bieber has made an interesting new friend. Paris Hilton was spotted getting cozy with the shirtless pop star at Busta Rhymes' birthday party, hopping in his lap while he sat on a throne.

Bieber was also reportedly acting "wobbly" and tossing ice into the crowd at one point. The two notorious pop culture figures seemed plenty cosy before exiting the club together.

As for Bieber's presence at the prestigious annual film festival, some onlookers are still scratching their heads. "People were a little surprised when they saw him because it was like, 'What is he doing here?" a source says of Bieber's showing up earlier in the week at Vanity Fair's Cannes party.







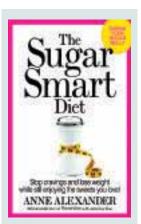
16 LIFE metronews.ca Tuesday, May 20, 2014

Bittersweet truth about sugar

You thought chocolate was your friend: it's always there for you when things get rough. But it could actually be the enemy in disguise. From weight gain to diabetes, a diet high in processed sugars is going to make you fat, old and ill.

Anne Alexander, author of The Sugar Smart Diet, tells us why the sweetest things in life are making us sick.

ROMINA MCGUINNESS Metro World News in London



It'll turn you into a moody cow

Overconsumption of sugar causes mood swings. "Every time you eat a sugary meal, your brain releases a feelgood hormone known as serotonin. So for about half an hour you're on a high (you may have noticed that you have more of a sweet tooth when you're feeling low). But right after that sugar rush comes a crash — and you feel worse," says Alexander. Instead, she recommends doing something that'll make you feel better without taking you through this up/down cycle, such as yoga, a quick walk or meditative breathing.

It's being added to every thing

According to Alexander, Americans alone are eating an average of 130 pounds (59 kilograms) of sugar a year — that's 22 teaspoons a day. They're getting the bulk of it from processed foods, not naturally occurring sources, such as fruit or dairy.

"Most of the time sugar is the first, second or third added ingredient. It's hiding in your pasta sauce, your salad dressing — it's even in your 'skinny' soup," she tells Metro. Why? Companies use it in lieu of fat to make up for the lack of taste. Even so-called healthy foods are full of it: "Yogurt, for example, often contains the same amount of sugar as ice cream," she adds.



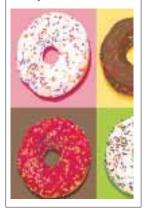


Beware the spare tire

"Sugar per se isn't going to make you gain weight; eating too much of it on a daily basis will. The new research coming out on pure fructose is troubling. It stimulates your appetite, and causes you to gain weight really quickly via a process known as lipogenesis. We're not talking about the fructose you get from eating fruit. Many manufacturers have figured out a way to make super-concentrated fructose, which promotes hunger and speeds up the body's ability to make fat," explains Alexander. And as fructose causes globules of fat to be stored in your abdominal organs, that's how you end up with a flabby belly.

It makes you look bad (and old)

A lifetime of sodas, cronuts and whatnot will accelerate age-related damage. "Sugar speeds up the breakdown of the protein fibres responsible for keeping the skin firm and elastic. Once these have been damaged, the skin takes on a more brittle, saggy appearance. This happens via a process known as 'glycation,' whereby sugar in your bloodstream attaches to proteins to form harmful new molecules called advanced glycation end products (AGEs). The more sugar you eat, the more AGEs are produced and as these build up, they damage the proteins nearby," Alexander tells us.





It's making you ill

"People worry about cavities and putting on weight — but at no point do they think about the effect their diet is having on their actual health," says Alexander. "A diet high in processed sugars has been linked to obesity, diabetes and heart disease. It can drive up your cholesterol (which leads to high blood pressure), and cause excess insulin in the bloodstream, which in turn takes its toll on your arteries. It can also increase your risk of getting diabetes: a recent study found that for every extra 150 calories from sugar available per person each day, diabetes prevalence rises by 1.1 per cent."

Eggs and Visual Function Study

Would you like to participate in a study on the effects of egg consumption on visual function?

Are you a healthy Caucasian individual from 50-80 years of age?

We plan to investigate if egg consumption can help visual function in older adults and prevent age-related macular degeneration, one of the worlds leading causes of blindness in older adults.



- You will consume 2 lutein and
- omega-3 DHA enriched eggs a day for 6 weeks
- Your retina function will be measured twice by the only electroretinogram in Manitoba at no cost (tests are worth \$300)
- We will provide you with all of your results and a 30\$ gift certificate at the end of the trial

The trial will take place at the Richardson Centre for Functional Foods and Nutraceuticals, 196 Innovation Drive, SmartPark, University of Manitoba

Free Parking Provided

If you are interested please contact Chelsey Walchuk at:

umwalchu@myumanitoba.ca (preferred) or 204-997-5286

You can transform the future for brain tumour patients and survivors.



Register at SpringSprint.ca

THE GREATEST CLUB SINCE "SANDWICH"





LEARNING CURVE

Summer studies have pros and cons

After this year's especially long and cold winter, spending more time in libraries and study halls is hardly top of mind for the average Canadian university or college student.

Yet, this spring, thousands of studious post-secondary scholars are hitting the books for summer classes.

While there are definite arguments in favour, summertime studies are not for everyone. Weighing the benefits — along with the detriments — can help make the choice a well-educated one for those on-the-fence fair-weather students.

Students opt for summer school for a host of motives — retaking a failed class, getting ahead in a degree program, completing a prerequisite, or simply lightening the course load for the regular school year.

Because summer courses tend to be smaller there are often fewer students, meaning more one-on-one attention from a teacher.

Though it depends on the school, summer courses are usually concentrated into several weeks of intensive instruction, which has its own pros and cons.

"It's like working a full-time job," says Katherine Connolly, who worked for two years in the registrar's office at the University of King's College in Halifax, N.S. "You have to be able to focus and be disciplined."

The condensed format also mean deadlines — whether for assignments or drop dates — pass quickly.

"Two weeks in if you realize that you're not going to do well, and that maybe this course isn't for you, you're sort of stuck." But the limited time frame also means



SHITTERSTOCE

students are free to invest more time and energy into a single subject without the distraction of other classes.

"I liked just doing the one condensed course because you're learning everything about that one specific topic rather than spreading out your attention over five different subjects" says Kira Beukeboom, a biology student at the University of Victoria currently completing a summer field study course in environmental restoration.

– Geordon Omand

Prepare for policing with PACE

The desire to help keep Winnipeg's streets safe was the driving force for Chris Yacucha to enrol in the full-time police preparation diploma program at PACE (professional, applied and continuing education) University of Winnipeg.

Yacucha says this program has been an eye-opener for him and to anyone with an interest that lets you "see everything you'll come across if you choose policing as a career."

The police preparation diploma prepares individuals to be successful in meeting the admission requirements of police forces across Manitoba.

This program focuses on the academic preparation, personal wellness, and physical fitness training necessary to meet the entrance requirement for a career in law enforcement.

Yacucha says the highlights of the program have included touring correctional facilities such as Stony Mountain Institution, increasing his cultural awareness and hearing directly from recruitment with the Winnipeg Police Service.

In addition to courses about policing in Canada and criminal law, he has also gained practical knowledge and certification in



Chris Yacucha. contributed

areas such as CPR and non-violent crisis

Graduates will be equipped for the workforce with a transferable skill set that will open doors in a variety of fields, such as regional, municipal and tribal police forces, corrections and justice departments.

The police preparation diploma is a fulltime, eight-month program and has a start date of September of each year.

For a full list of the programs at PACE, visit pace.uwinnipegcourses.ca.



Professional, Applied and Continuing Education

Ready for your DREAM JOB?

One-year, Full-time Programs in High Growth Career Fields:

- Human Resource Management
- Internet Systems Specialist
- Managerial and Financial Leadership
- Network Security
- Project Management
- Public Relations Marketing Managment

Intern with one of Manitoba's top employers!

PACE.UWinnipeg.ca

DISCOVER · ACHIEVE · BELONG



START A CAREER IN MASSAGE THERAPY

PROGRAMS AT WELLINGTON COLLEGE

Start your journey this June towards becoming a massage therapist at Wellington College.

"Becoming a massage therapist is a fantastic option for people who are seeking a new career in the health sector," says Brie Timings, associate director, Wellington College. "The distance education program is a great option for those who want to start a new career in massage therapy, but need to continue working full time while they study or have commitments at home that requires them to be available during the week."

In the first year of the program, students will attend regularly scheduled workshops at the college once a month, supplemented by theoretical manuals. They will also have an online class most Tuesdays that can be taken from home, which will require the student to log in and listen to the instructor who will be teaching live from their computer.

By the end of the first year, students will have gained adequate knowledge and ability to perform relaxation massages. Year 2 and 3 of the program will build on the skills gained

INFORMATION SESSIONS

Wellington College hosts a monthly information session throughout the school year for those interested in learning more about the programs and campus. These sessions are an opportunity for prospective students to tour the campus and have any questions answered by the Wellington faculty and current students. The next session is May 25, from 1-3 p.m.

in the first year, but will focus on massage for therapeutic purposes.

Upon completion of the distance education program, students are eligible to become registered massage therapists and may take clients who are covered by insurance for massage.

Employment opportunities for graduates



CONTRIBUTED

are endless, with 95 per cent of Wellington grads finding employment in the field of massage therapy within three months of completing the program. Graduates will be qualified to work in a spa, chiropractor or physio therapy setting, with an athletic team, or even start their own business.

"Whatever direction you choose, you will find that being a massage therapist is a rewarding career," Timings says.

Wellington College also offers a two-year, full-time remedial massage therapy program. For more information, please visit wellingtoncollege.com.



Program can be a stepping stone

Technical drafting at Winnipeg Tech

A career in technical drafting is a career designed for individuals who have an interest in design, love computers, have attention to detail, and can work confidently towards a deadline.

The technical drafting program at Winnipeg Technical College (WTC) provides students the knowledge and skills necessary to translate ideas, sketches and specifications into accurate working drawings using computer-aided drafting techniques.

"The technical drafting program allows students to explore a number of different disciplines of drafting while training to be become a CAD technician," says Elaine Penner, technical drafting instructor, WTC.

"Our program offers a hands-on learning experience — students spend the majority of their classroom time on computers drawing everything from machine parts to roadways."

Students learn basic AutoCAD, 3D modelling and BIM, as well as the fundamentals of hand sketching and basic drafting. They will also learn a variety of engineering disciplines



ONTRIBUTED

including structural, municipal and manufacturing.

Upon completion of the 10-month drafting program, students are qualified to work as an entry level CAD technician in a variety of disciplines.

Students graduate with a thorough

knowledge of industry standard software. Students are also trained in communication and throughout the program are required to present their ideas as individuals and as groups to an audience in a professional and positive manner.

"We have graduates working for large pub-

TEST DRIVE YOUR NEW SKILLS

Technical drafting students may also apply for a short-term work practicum and take their new-found skills for a test drive before they graduate from the program. This is a great way to put some experience on the resumé before the hunt starts for that first job.

lic utilities, interior designers, manufacturing facilities, engineers of all disciplines and architects," Penner says.

Students who have graduated from the technical drafting program have also been hired as estimators and sales people for kitchen manufacturers, construction trades and residential homebuilders.

"Some students use the drafting program as a stepping stone to gain a base knowledge for further study in engineering or architecture at the university level," Penner says.

Seats for the September intake are still available.

For more information about this program, visit wtc.mb.ca.

Winnipeg Technical College











CARPENTRY CULINARY ARTS & DESIGN BUSINESS ADMINISTRATIVE ASSISTANT HAIRSTYLING MOTOSPORT TECHNICIAN

EDUCATION 是 EMPLOYMENT

APPLY NOW FOR SEPTEMBER 2014 wtc.mb.ca · 204,989,6500

RECEIVE PRACTICAL, HANDS-ON TRAINING

HCA PROGRAM AT ROBERTSON COLLEGE

Working in the field of health care as a healthcare aide (HCA) is not only a rewarding career, but also one where trained professionals are

While many schools may offer a health-care aide program, Robertson College health-care aide grads hold a 90 per cent employment rate because of their post-secondary education.

"Without that, you are not able to compete for the jobs you really, really want," says Amanda Young, faculty head of health, Robertson College, Winnipeg. "You will continue to be passed over by individuals who hold the piece of paper that says they can do the job."

Young says every month you wait returning to school is another month where your earning potential as a certified health-care aide is

At Robertson, it is possible to go back to school and work at the same time.

"Going back to school while you are working can be simpler than most would think,"

For students looking to earn while they

CERTIFICATION FOR UNCERTIFIED HCAs

For those individuals who are an uncertified health-care aide who has worked at least 1,200 hours in the past two years, or was a nurse in another country, Robertson College also offers the healthcare aide challenge program. Getting your certification can be simple and can be done in as few as 12 evenings.

learn, half-day classes are available.

The HCA program teaches students to make a positive impact on patients by assisting with mobility and hygiene, providing palliative care, and working with patients who suffer from mental illness.

Students receive practical, hands-on training in the state-of-the-art health care clerk

"Employers tell us that they really appreci-



ate the hands-on practical training students receive in a fully equipped, up-to-date HCA lab, including training on mechanical lifts," Young says.

And she says you won't be on your own to figure out the material as all classes are led by nursing professionals.

At the end of the program, students will take part in a six-week practicum to put the skills learned in the classroom to the test.

For more information, call 204-800-7933, or visit robertsoncollege.com.

Join the success of over 1300 **Health Care Aide Challenge Grads!**



Why Robertson's Health Care Aide Challenge program?

- ✓ Curriculum approved & recognized by the National Association of Career Colleges.
- ✓ Provide Foreign Trained Nurses & un-certified HCA's on-site practicum training.
- ✓ Onsite College Clinical Instructor to assist with 1:1 hands-on training.
- ✓ Includes hands on practical training in a fully equipped, up to date HCA lab including training on mechanical lifts.
 - √ Classes led by Nurse professionals.
 - √ Student classes once a week.

You are only weeks away from your dream career! Classes Start June 5 Call 204.800.7933 or visit www.robertsoncollege.com to get started!

Your ingredients for a better life

Patal's culinary arts program

Patal's programming options are all about giving students the ingredients for a better life.

For those students looking for the recipe for success, Patal offers them a chance to try their hand in the culinary arts program.

"We have many students here, from many walks of life," says Steven Watson, chef instructor for Patal Vocational School.

"We have students who need a skill to get out of a hard time in their lives to get back on their feet. We have students looking to receive accreditation to further their career, and we also have international students looking to learn about Canadian cuisine and Canadian life."

Patal teaches from the book On Cooking, which is used for the theory portion, food safety, and technical terms.

"We also have a practical portion, and this is hands-on, in the kitchen work, putting the theory side into action, and actually making those sauces, and practising safe methods of food preparation," Watson says.



SHUTTERSTOCK

Watson says this program can drastically change a person's life by giving them the

tools needed to get off the wrong path.
"The single biggest tangible benefit

TAKE A TOUR OF THE SCHOOL

Call 204-944-8202 for an appointment or drop by for a tour of the Patal facilities. While on the tour, you will probably get to sample items from the bakeshop.

Patal offers continuous intakes throughout the year. With Patal's flexible scheduling, students can also work while attending classes.

is when we can help a student become a productive member of society, one who had issues and was reliant on the system, now has the tools to become a tax paying, employed member of society," Watson says.

For those who are already on the right path and just wish to further themselves and challenge the Red Seal exam, Patal can provide them with those tools.

"And for our international students, our program is a way to learn about an important part of our country — it's diversity through the diverse cuisine we have," Watson says.

For more information, call 204-944-8202.

CULINARY ARTS & ENTRY LEVEL BAKING





RECIPE FOR SUCCESS:

⇒ 1 passion for cooking or baking ⇒ 7 months of dedication

⇒ 7 hours a day of focus, 5 days a week⇒ Mix well, and enjoy the fruits of your success

ADD IT ALL TOGETHER TO GREATE A SUGGESSFUL FUTURE.

Patal
A different school
of thought



5th Floor 319 Elgin Avenue 204-944-8202

f www.patalvocational.com

HERZING OFFERS VIRTUAL CLASSES

You can now earn your administrative assistant diploma for Herzing College from the comfort of your own home.

Don't worry about missing class this September, as students of the new online administrative assistant program can log into the virtual classroom when it's convenient for them.

"Throughout the program, you'll receive the same personalized attention and career-focused education that we offer in our traditional classroom," says Jenna Boholij, admissions co-ordinator, Herzing College.

Administrative assistants perform a variety of administrative and clerical duties necessary to an organization's operation.

They serve as communication managers for an office, organize and maintain files (electronic and hard copy), manage projects, conduct research, and distribute information by using the telephone, mail, and email.

This program provides students instruction in business application software, along with business office practices and operations.

Each student will learn essential computer skills and programs that are used in the daily operation of most office environments, such as word processing, spreadsheets, database, accounting, presentation graphics and information management.

They will also gain valuable skills, including communication skills, accounting concepts, and office methods and procedures.

The skills gained throughout the program will prepare students to work in the business office of any organization.

Once students have completed the program, Herzing's career development department works personally with them to identify employment opportunities.

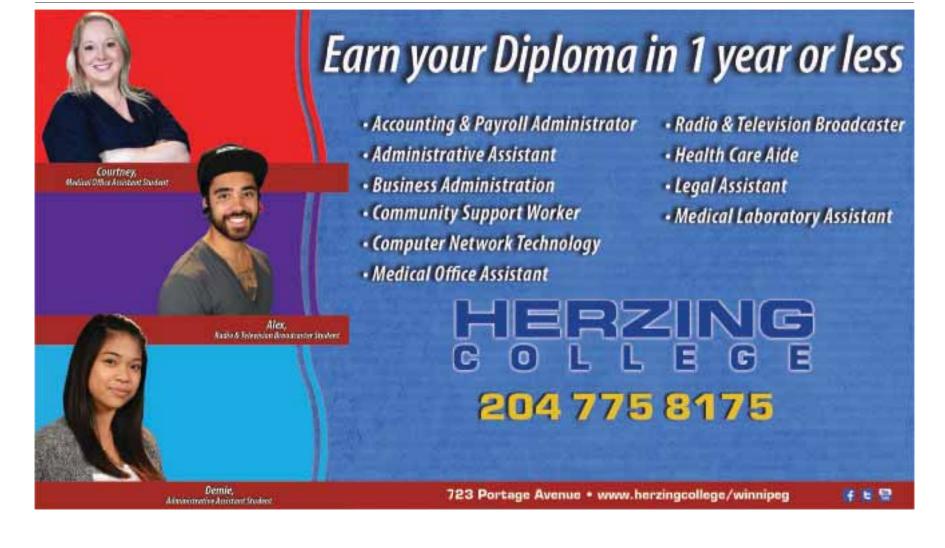
This includes coaching on job searches, resumé writing, and interviewing techniques. They will also utilize their extensive employer network to help students get as many employment opportunities as possible.

"We work closely with industry leaders and employers to ensure our college diploma programs lead to long-term career success," Boholij says. "Discover why our hands-on coursework, experienced faculty, and student-first approach set us apart from other online colleges."

For more about this new program, call 204-775-8175, or visit herzing.ca/winnipeg.



CONTRIBUTE





CONTRIBUTE

Pursue a career in law enforcement

At Northwest Law Enforcement Academy

When former Winnipeg police chief Herb Stephen noticed a gap in law enforcement education in Winnipeg, he began working with police agencies in Manitoba to develop the training curriculum for Northwest Law Enforcement Academy.

Northwest Law Enforcement Academy has now bridged that gap in education and is better preparing students to enter into law enforcement agencies.

"Our students make excellent recruits," says Stan Payne, managing director of Northwest Law Enforcement Academy. "Many of our students have been very successful in a variety of different law enforcement agencies."

The purpose of the diploma program is to give students practical skills they can apply to any law enforcement agency.

Students learn in a modern, accredited private vocational school over a period of about seven months. They are taught how to develop their talents as leaders, communicators and thinkers.

The curriculum is constantly updated to meet the latest requirements and is based on the demands of law enforcement organizations and their criteria of what an ideal candidate should possess.

To ensure a proper learning environment, every student undergoes an entrance exam and interview, as well as character reference checks. Only those who meet the academy's

FREE PARKING

For many students who lack disposable income while going to school, Northwest Law Enforcement Academy makes sure parking is not another expense they need to incur. While attending classes at Northwest, parking is always free.

Financial aid may also available to students looking for further financial support.

high standards of character and motivation are accepted into the program.

Instruction is provided by former members of police or other law enforcement agencies, who have prior experience as an instructor and possess actual operational or field experience, which gives students first-hand knowledge that will be invaluable on the job.

Graduates have gone on to pursue successful careers in policing, border services, corrections, the sheriff department, and other law enforcement agencies.

The academy helps all graduates with job search support until they find suitable employment, and alumni can return in the future to update job interview skills if needed.

For more information about this program, visit northwestlaw.ca.



LAW ENFORCEMENT

Serving Winnipeg for more than 12 Years

A Career in Law Enforcement Compare Law Enforcement Programs Before You Sign on the Dotted Line



- How long has the program been in existence?
 Northwest 13 years (41 classes).
- Murinwest 13 years (41 closses).
- How many instructors does the program have?
 Northwest has 12.
- Are the Instructors former law enforcement employees?
- Most at Northwest are.
- How many courses does the program have?
 Northwest has 24. (See our website)
- How much does the program cost?
- Northwest \$8,021.90 all inclusive.
- Does the program require you to wear a uniform?
- Northwest students wear a uniform.
- How much will it cost you to park?
 Northwest has free parking.
- · Are there payment options?
- Northwest offers payment options.
- Are graduates working in Law Enforcement careers? How many?
- We have pictures of the many successful students at Northwest.
- Does the program offer career preparation and guidance?
- Northwest does.
- How big are the classes?
- At Northwest our classes are around 25 students maximum.

Law, Protection and Safety Classes Start Soon CALL TO REGISTER TODAY!

NORTHWEST LAW ENFORCEMENT ACADEMY

"Learn from the Best"

200-1821 Wellington Avenue, Winnipeg Manitoba (204) 953.8300 1-866-953-8300

www.northwestlaw.ca

Classes Start: September 8, 2014 and October 14, 2014

HELP ENRICH A STUDENT'S LIFE

MAKE DREAMS A REALITY AT RRC

For people with a strong desire to want to make a difference with children, the educational assistant certificate program at Red River College can help make that dream a reality.

"As educational assistant roles and responsibilities continue to grow, schools need to ensure high-quality student services from appropriately trained personnel," says Paul Bourget, instructor in the educational assistant certificate program at Red River College.

The six-month educational assistant certificate program is intensive and fast-paced.

The program prepares individuals to work in an assistant capacity with classroom teachers and clinicians in both general and special education classrooms.

Graduates who complete the 18 courses qualify for the certificate as an entry-level educational assistant in the school system.

"We help them explore co-operative learning and experience what it's like to work as a member of a team," Bourget says. "We also practise a variety of effective learning strategies that they'll be able to



draw on to enrich the learning experience of students."

Some of the topics covered in the program include: Studies of the developmental

needs of children; supporting teachers and learners in everyday tasks and activities; resolving conflict; student behaviour management strategies; first aid/CPR; and non-violent crisis intervention. There is a five-week practicum at a school after students complete the classroom theory.

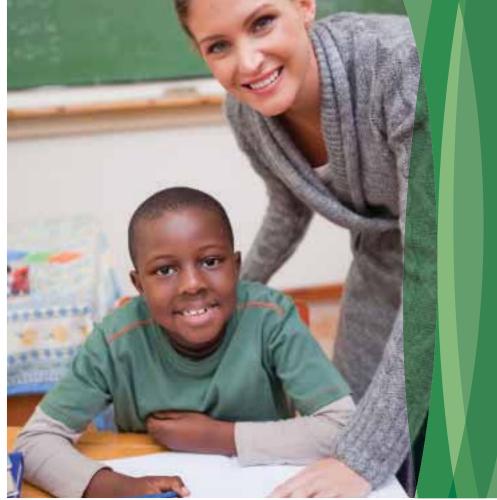
"This practicum provides the candidate an opportunity to practise essential skills and receive valuable feedback on their performance from experienced teachers," Bourget says. "A future employer will be interested in knowing how candidates handle themselves professionally and personally while working with students who have special learning needs."

Bourget says most students who graduate from the program work as educational assistants in the school system from kindergarten to high school.

Some graduates have chosen other occupations such as childcare assistants, child youth care workers, and adult support workers.

"The mission of RRC is to enable students to build a career, enhance quality of life, and contribute to Manitoba's economic and social prosperity through exceptional applied education and research," Bourget says. "Many students who graduate from the educational assistant program do find fulfilling work as educational assistants after graduation."

For more information, visit rrc.ca/eda.



RED RIVER | :

SCHOOL OF CONTINUING EDUCATION

Help children learn and grow in the classroom

You know what it takes to work with children: a friendly presence, consideration of others, and lots of patience. As an educational assistant, you'll work as part of a team, most often in school settings, to meet the learning and developmental needs of children.

Start your training as an Educational Assistant as soon as **August 2014**.

For more information on the Educational <u>Assistant program:</u>

204.694.1789 or 1.866.242.7073 | cde@rrc.ca | rrc.ca/eac

Bit of honey makes squid yummy

Health Solutions

Calamari gets asizzlina makeover



NUTRI-BITES DHN RNCP

Calamari is usually a deepfried, restaurant appetizer but it is actually a quick cook, nourishing, low-fat protein.

Squid can be purchased in whole tubes, which are great for stuffing and baking. But make

is a really great non-meat source of B12, critical for energy production and battling the impact of stress. The bottom line is simple: don't wait for a deep fryer to enjoy this seafood. Do it at home and be happier, smarter and healthier. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO, SHE IS @ THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDIN-FOOD.COM

they are "cleaned," meaning the guts and inedible tooth are removed. This is one smelly, disgusting job.

A much easier option is to purchase squid frozen and already cut into rings.

A quick sauté in a hot pan or a fast grill is the best way to cook calamari. Flavouring comes later. Marinating only toughens the already rubbery texture, as does overcooking. Truly, you don't want to cook these for more than two to four minutes over very high heat.

Squid is a decent source of the all-important omega-3 fatty acid, but it

4. Chop cucumber and cab-

Red Rice Bowl with Buttered Calamari. The secret ingredient in this recipe is its dressing. which mixes sweet and savoury flavours

THERESA ALBERT

There is nothing simpler than a rice bowl topped with some crisp, green veggies and fish.

In fact, in much of the Asian world, this is a no-brainer staple and rice is kept in the rice cooker for just such a dish. Even if you don't have the forethought to do the rice ahead, it only takes 30 minutes to cook this nourishing foundation.

ply another variety of unhulled phytochemical, anthocyanin.

- freezer and allow to slightly thaw on counter.
- rice to a pot and bring to a boil. Turn down and allow to simmer 20-25 minutes while you prepare dressing and calamari.
- 3. Mix ingredients for dressing: oil, vinegar, lemon or sumac, 1 clove garlic, mustard, honey and red pepper flakes. Set aside 2 tbsp to drizzle at the end.



This recipe uses red rice or brown basmati. Red rice is simrice, but it does have the added benefit of cancer fighting

- 1. Remove calamari rings from
- 2. Add cold water and brown
- - all but 2 tbsp of dressing. Add



- 500 g calamari (rings)
- 2 3/4 cups water
- 1 1/2 cups brown rice (red rice or brown basmati)

Dressing

- 2 tbsp extra virgin olive oil
- 1/4 cup rice vinegar • 1 tsp dried sumac or lemon
- 1 clove garlic, minced
- 2 tbsp grainy mustard
- 1 tsp honey
- pinch red pepper flakes
- 1 English cucumber
- 6 napa cabbage leaves
- 1 cup sunflower seeds, roasted
- 1 thsp butter
- 1 clove garlic

bage and add to a large bowl. When rice is cooked, add to cabbage, cucumber and stir in

sunflower seeds. Set aside.

5. In a large skillet, melt butter, add garlic and quickly stir

SH FOOD



From your fridge to your table in 30 minutes or less

in calamari. Toss on high heat for 2-5 minutes until rings are cooked through but not tough.

6. Top rice with calamari and

drizzle remaining dressing.
THERESA ALBERT IS A FOOD COMMUNI-CATIONS SPECIALIST AND PRIVATE NII-TRITIONIST IN TORONTO. SHE IS @THER-ESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

CLEAR VISION IS PRICELESS.

But it doesn't have to be costly.

Book a free consultation at 1-855-894-2020 or lasikmd.com





26 SPORTS metronews.ca Tuesday, May 20, 2014

Canadiens look lost with Price on ice

NHL playoffs. With top goalie and 'best player' out for series, Montreal falls into 2-0 hole in Conference final

Without Carey Price, the run for a first Stanley Cup in 21 years got steeper and longer for the Montreal Canadiens.

Coach Michel Therrien looked grim and angry as he delivered the news Monday morning that the goaltender who backstopped Canada to gold at the Sochi Olympics will miss the rest of the NHL Eastern Conference final.

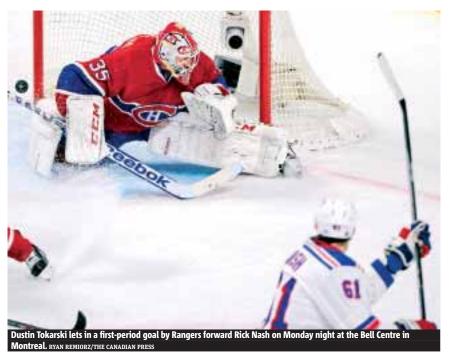
And that was before the Canadiens lost 3-1 to the Rangers to fall into a 2-0 hole in the series.

Therrien gave no details of the injury, a suspected rightknee problem, but suggested Price would be back if the Habs can get past New York and reach the Stanley Cup final.

"Carey Price won't be able to play, not only for tonight but for the rest of the series," said Therrien. "Really disappointed. He's our best player.

"We need to rally around Carey. We need to give him a chance to play again this season."

According to Bodog, those words had betting money flying off the Canadiens' bandwagon and onto New York's as Montreal looked past backup





Peter Budaj and went with third stringer Dustin Tokarski in goal on Monday night. Tokarski had never played an NHL playoff game, but the 24-year-old has excelled at every level, winning a Memorial Cup with Spokane in 2008, a world junior championship with Canada in 2009 and an AHL title with Norfolk in 2012.

Price clutched his right knee when Rangers forward Chris Kreider crashed into him skates-first at 3:15 of the second period of New York's shock 7-2 win in the series opener on Saturday afternoon.

The Canadiens goaltender got up and finished the period but didn't look comfortable as he allowed two goals in the final 1:01. He was replaced in the third by Budaj, who allowed three goals on eight shots.

After the game, Therrien said he took Price out not because of an injury but because there was no use leaving him in with the team playing poorly.

THE CANADIAN PRESS

NHL

Blues re-sign Elliott, part with Ryan Miller

The St. Louis Blues have re-signed goalie Brian Elliott to a three-year contract and will not pursue a new deal with Ryan Miller.

General manager Doug Armstrong said Monday the team took a calculated risk acquiring Miller from Buffalo, hoping he could lead the franchise to its first Stanley Cup. But the Blues were eliminated in the first round of the playoffs.

NBA

League charges Sterling, sets up June 3 hearing

The NBA charged Donald Sterling on Monday with damaging the league and its teams with his racist comments, setting up a June 3 hearing after which owners could vote to terminate his ownership of the Los Angeles Clippers.

The league also said the banned owner has engaged in other conduct that has impaired its relationship with fans and merchandising partners.

Sterling was banned for life and fined \$2.5 million by commissioner Adam Silver after the release of a recording in which he made racist remarks. He has until May 27 to respond to the charge and the right to appear at the hearing and make a presentation.

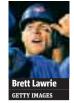
THE ASSOCIATED PRESS

Lawrie batting like a rookie — and that's a good thing

When a 21-year-old Brett Lawrie crashed upon the big leagues in August 2011 and hit nine home runs in his first 150 at-bats, Blue Jays fans dreamed of what he could do over a full season.

But as it is for so many young players, Lawrie's development path has not been a steady ascent. After averaging a home run every 19 plate appearances in 2011, Lawrie's power seemed sapped in 2012 and 2013, when he struggled with his approach at the plate and his home-run rate shrunk by more than half as he averaged just one homer in every 44.5 plate appearances.

After getting off to a slow



start to this season, Lawrie now has seven homers in his last 30 games and is back to slugging at his 2011 rate.

But when asked last week

what he's doing differently, Lawrie said he's "just going up there looking to do damage and trying to help the boys."

Jays hitting coach Kevin Seitzer went a little deeper.

"He's getting himself in a good position consistently and not over-swinging, using his hands, not trying to do too much and really staying in the middle of the field," Seitzer said. "When you do those things you got a chance to have the hand speed that you need and the timing that you need in order to drive the ball — and he's got tremendous power."

As the saying goes, baseball is a game of adjustments, and Seitzer said it takes time for young players to figure that out.

"It takes a while in order to learn the process of what you need to do consistently in order to beat somebody," he said.

TORSTAR NEWS SERVICE



In Pontiac, a clunker rusts

The 80,000-seat Silverdome in Pontiac, Mich., hosted the Super Bowl, the NBA Finals, the World Cup, Wrestlemania, a papal visit and concerts by Elvis Presley, Led Zeppelin and the Rolling Stones. Nowadays, the venue is a shell of its former self with its roof in tatters and its innards dark and mould-covered. The current owner's determined to cash in, putting everything inside up for auction starting on Wednesday. CARLOS GORIFOTHE ASSOCIATED PRESS

Scan the image with your Metro News app to see more images of the ghost stadium in Michigan.

See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

T Aries March 21 - April 20

Don't worry if you find it hard to put your feelings into words – your body language will tell partners and loved ones all they need to know.

Taurus April 21 - May 21

Why are you so determined to take a negative view of everything that happens? The planets warn in no uncertain fashion that if you think bad thoughts then bad things are

I Gemini May 22 - June 21

more likely to happen.

You may have to postpone something you were looking forward to today, but come the end of the week you will look back and be glad you were forced to change the timing.

9 Cancer June 22 - July 23

You don't have to be number one all of the time, even though as a cardinal sign you are used to being a leader. If you want to get ahead this week you must compromise.

Ω Leo July 24 - Aug. 23

You don't have to commit yourself to something if it doesn't feel right. Others may try to make you feel guilty about leaving them in the lurch but it is your own needs that take precedence.

M Virgo Aug. 24 - Sept. 23

It may seem as if a dream is not going to come true but more likely the planets are making you wait a bit so that when the things you desire eventually come your way you will appreciate them more.

△ Libra Sept. 24 - Oct. 23

You should know by now that change is the only constant in life and the really good news is that the changes coming your way over the next few days will delight you.

M Scorpio Oct. 24 - Nov. 22

You'll be a bit touchy as the new week begins, perhaps due to a vague fear that a work colleague is plotting against you. Most likely there is no truth in it at all.

プ Sagittarius Nov. 23 - Dec. 21

It's good that you support some kind of cause but don't fall into the trap of believing that it's OK to use underhand methods to further your aims.

り Capricorn Dec. 22 - Jan. 20

There is no point arguing with people in positions of power, especially now that Mars, planet of ambition, is resuming its normal direction.

Jan. 21 - Feb. 19

It may seem as if your rivals are being favoured while you are being ignored but even if that is true why should it worry you? Since when have you been the sort who needs other people to help you?

) Pisces

Feb. 20 - March 20

You may have every right to get angry with someone who has let you down but you will make a better impression if you forgive and forget and act as if nothing important has occurred. In the greater scheme of things, it's no big deal. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. The . ("Cherish" '60s band, briefly) 6. Sports: Patriots' gr. 9. Actor Mr. Griffin 14. Bing Crosby's -Loo-Ra-Loo-

- 15. Philosopher, -tzu
- 16. Hokey 17. Heroism [var. sp.]
- 18. Swiss 20. Stevie Wonder
- hit that goes "Call up, ring once, hang up
- the phone...": 2 wds. 22. Katy Perry hit
- 23. Freelancer's encl. 24."Cold Mountain" (2003) role
- 25. Hawaiian fish
- 27. Fleur-de-quoi? 29. QC city
- 31. Tart
- 33. Three-__sloth 36. Belonging to an '80s TV alien
- 39. Servings from Mommy's kitchen:
- 3 wds. 43. Letters beside
- **GHJKL** 44. "Finding __"
- (2003)45. 2010 Ringo Starr album: '
- 46. Radio setting [abbr.] 48. Gremlin 50. Flames, on score-
- boards 51. Whale sort
- 53. Muesli tidbit 56. Carefree 58. Thousands of American resistors of the Vietnam War settled in Nelson, BC

in order to?: 3 wds.

62. New York's famed

43

32

40

44

63. High nest, variantly 65. Play part, 66. Mr. Chaney

artsy school

- __ break!" 68. 2003 to 2004 sitcom, "Oliver
- 69. Singer Salonga 70. Wooden **Down**

67

70

35

- 1. Four-wheeler, e.g. 2. Cleanser 3. Glassy/sunny exten-
- sions 4. Storm aka __ Mun-

roe, Halle Berry's role in "X-Men: Days of Future Past" (2014)

- 5. Felix ___, Canadian electronica producer 6. Jai
- 7. Barn locales 8. Cage the Elephant's

Little Closer" 9. Designer, Marc

- 10. Toronto's DVP = __ Parkway
- 11. fruit
- 12. Prefix with 'red'
- 13. Behold
- 19. Space: Primordial
- matter
- 21. " calm
- down." (Breeeathe)
- 25. Strong wood 26. Q. "Is sound owls make?" A.
- "Indeed."
- 28. Shortly 30. Cap

42

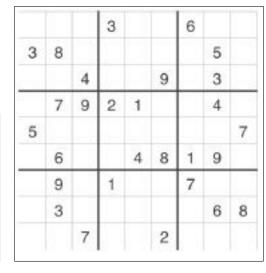
- 32. Canadian movie for Samuel L. Jackson,
- "The " (1998) 34. Barely get by
- 35. Ms. Moore
- 37. Footloose's friend
- 38. Plod wearily along
- 40. Money exec
- 41. Like some sports
- stadiums
- 42. Pen 47. CCR tune
- 49. "The __ Trap"
- (1998) 51. Certain condiment
- 52. Internet-sent
- invitation
- 54. Beatles' "Any Time
- 55. Pang
- 57. British singer Leo 59. Nastase of tennis
- 60. Dame Everage link
- 61. Neap
- 62. Critical comment
- 64. 'Euclid' suffix

Friday's Crossword

"N	'n	7		4	Ħ	"ol	Ħ		'n	N	'n	Я	"ol	[8]
	E	×		1	U	T	'n		E	k	1	×	L	0
15	N	A	þ	T	-8	Ü	b		N	A	M	Y	8	H
15	F	P	4	'n.	3	5	Ē	7	T	18	£	w		
0	0	. F.	0	Ē	'n		R	C	Ğ		ī,	Я	"A	0
·n	L	-1	3		-1	ñ.	A	"k		1	0	Α	:11	G
M	D	"c		"s	8	0	'n.	-	A	. 54	P	Y	14	5
			'n	6	K	1	A	'n	0	0	b			
l"bi	Ď	D)	E	P	16		ü	PI	E	Ťi,		20	"d	A
8	E	X	9	Ť		3	£	¥	Ď.		'n	A	160	-8
P	6	p	6		٩,	0	S		A	'nκ	A	5	u	1
		K	A	"C	- 1	V	0	'n		N	A	-1	V	3
13	'n		8	0	Ď,		1	t	ä.	1	W	N	A	(4)
T	E	30	I,	L	"A		E	V	0	'n,		0	16	7
145	1	18	E	E	5		1		3	Ď		- 5	4	D

How to play Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1	7	3	5	9	2	8	6	4
4	2	8	3	1	6	5	9	7
5	6	9	7	4	8	2	1	3
3.	9	2	6	7	1	4	8	6
6	5	4	9		3	7	2	1
7	8	1	4	2	5	6	3	9
8	3	6	1	5	7.	9	4	2
9	1	5	2	6	4	3	7	8
2	4	7	8	3	9	1	5	8



TODAY

MAX: 17°

WEDNESDAY

MIN: 8°

enter for a chance to WIN and ioin

(🚣

THURSDAY

**



IFNNA KHAN WEATHER SPECIALIST

BT BREAKFAST TELEVISION



custom appārel

Custom Made Suits & Shirts Alterations & Accessories | Men & Women Tailored Like You



Win a FREE ZEV custom apparel suit!

Submit your best dressed photo and nominate yourself or a friend. Enter by:

■ zevapparel **■** @ZEV_Apparel ⊠ info@zevapparel.com

or drop off your ballot and photo in person at 115 Pembina Hwy and receive a \$10 ZEV gift certificate!

Contest ends June 15, 2014



The mother of two had no vision problems and only decided to have an eye exam by chance following her sons' examinations. Her Doctor of Optometry detected glaucoma, an eye disease that has no obvious symptoms and can lead to blindness if left untreated.

Adults like Sharlene are at an increased risk for age-related eye conditions, some of which may have no visible symptoms until the condition is advanced and difficult, or even impossible, to treat. An eye exam by a Doctor of Optometry can assess the quality of your vision and eye health, as well as uncover underlying health issues, such as Type 2 diabetes, tumours, cancer of the eye, high blood pressure and certain vascular diseases.

Book an eye exam with a Doctor of Optometry today.

mb.doctorsofoptometry.ca | cnib.ca



